

Personal information to compile and complete before your appointment

for patients with early-stage and metastatic breast cancer



What You Should Know About My Cultural & Religious Background

Questions to prepare in advance:



Are there certain cultural beliefs your medical team should know in order to support you better?

Are there religious/spiritual practices your healthcare providers should know about? (i.e., fasting, treatment restrictions that may be a barrier to care)?

What language are you most comfortable speaking? Do you need access to a translator?

If you are Black woman/woman of color, is your doctor aware of the disparities Black women/women of color have faced in the medical system?

Are there challenges you may be facing that your doctor needs to know about, in order to best support you?



How I Would Like My Medical Team to Refer To My Gender Identity



Questions to prepare in advance:



How would you like to be addressed by your healthcare providers?
(She/Her, He/Him, They/Them)



What You Should Know About My Family History



Questions to prepare in advance:



Has a close relative been diagnosed with cancer before the age of 40? What kind?
Is there a family member who has been diagnosed with breast cancer? Are you aware of any BRCA or other cancer-related mutations?
Are there any medical conditions that run in your family?



Summary of My Symptoms and Pain



Questions to prepare in advance:



What pain have you experienced since your last medical appointment?
Rate your pain on a scale of 1-10.
Describe the symptoms or pain.
How did it impact your body/mood/function?
How long did it last?
What did you do to treat it?
What is the frequency of the pain and does it affect different parts of your body?



My Dietary and Supplements Intake

Questions to prepare in advance:



What have you eaten within the last week?

What times of the day do you eat?

How much water do you drink a day?

What vitamins, supplements, and/or alternative treatments do you take?

Are there dietary patterns that may be in conflict with your plan of care? (e.g. fasting)



What Prescribed Medications & Over-The-Counter Medications I Take

Questions to prepare in advance:



What medications are you currently taking? What time do you take them and what is the dose?

Do you know of any side effects or known benefits from your medications?

Describe any drug allergies or reactions you have had or known serious reactions a family member has had.

Which medications work best for you?

What pharmacy do you use?



What My Medical Team Should Know About My Emotional and Mental Health

Questions to prepare in advance:



Are there any personal, family or other trauma that you need to share with your doctor?

Are there any fears around healthcare providers, treatment, medications or procedures that you need to share with your doctor in order to best collaborate with your healthcare team?



My Potential Barriers To Care

Questions to prepare in advance:



Are you experiencing or anticipate experiencing any of the following barriers to care:

- Financial
- Geographical
- Psychological
- Literacy
- In-home support
- Trust
- Other

How can you collaborate with your healthcare team to eliminate these barriers?



This Treatment Journal is being provided to you, compliments of Tigerlily Foundation and Puma Biotechnology, Inc.

